

portion to form an elevated sidewall of the air cushion and forming a substantially U-shape with the base portion for distributing shock forces delivered to the side wall.

2. (Amended) A three dimensional air cushion comprising:
at least one air chamber having a sealed peripheral edge,
said at least one air chamber including a base portion and two
opposed substantially vertical lateral sides located on opposite
sides of the base portion to form a concave structure, the base
portion and the two lateral sides including an upper surface and
a lower surface bounding an interior space, said two opposed
lateral sides projecting above a plane occupied by said base
portion to form elevated sidewalls of the air cushion and forming
a U-shape with the base portion for distributing shock forces
delivered to the sidewalls, and

an inner surface area of said air cushion defined by said
upper surface being smaller than an outer surface area of said air
cushion defined by said lower surface.

3. (Amended) A three dimensional air cushion comprising:
at least one air chamber having a sealed peripheral edge, said at least one air chamber including a base portion and at least one lateral side located on and extending from at least one side of the base portion to form a substantially concave

structure, the base portion and the lateral side including an upper surface and a lower surface bounding an interior space, said at least one lateral side projecting above a plane containing said base portion to form an elevated sidewall of the air cushion and forming a substantially U-shape with the base portion for distributing shock forces delivered to the sidewall; and

at least one recess extending from at least one of said upper surface and said lower surface and separating portions of said air chamber.

40. (Amended) The three dimensional air cushion as claimed in claim 28, wherein said air chamber is filled with a semi-liquid fluid.

41. (Amended) The three dimensional air cushion as claimed in claim 29, wherein said air chamber is filled with a semi-liquid fluid.

42. (Amended) The three dimensional air cushion as claimed in claim 30, wherein said air chambers are filled with a semi-liquid fluid.

43. (Amended) The three dimensional air cushion as claimed in claim 28, wherein said air chamber is filled with a foam material.

44. (Amended) The three dimensional air cushion as claimed in claim 29, wherein said air chamber is filled with a foam material.

45. (Amended) The three dimensional air cushion as claimed in claim 30, wherein said air chambers are filled with a foam material.